

## ABSTRACT

A method for treatment of a human for gastric hyperacidity while diminishing the likelihood of producing vitamin deficiency is disclosed, the method comprising administering a therapeutically effective amount of one or more substances that neutralize or otherwise reduce gastric acid and administering an effective supplemental amount of one or more vitamins, wherein one of the one or more vitamins can be free Vitamin B<sub>12</sub>. Oral dosage formulations comprising a therapeutically effective amount of one or more substances that neutralize or otherwise reduce gastric acid and an effective supplemental amount of one or more vitamins, and methods of making such oral dosage forms, also are disclosed.